



COMMON BOND

NEW MEXICO

U-21 COOKBOOK
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COMMONBOND



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INTRODUCTION

Welcome to this cookbook! There are a few things to go over before you get started. This cookbook is divided into 3 sections: Microwave, One-Pot and Oven, and Crockpot Meals. There are a few different tips and tricks for each section below.

Microwave Meals Tips and Tricks

- Cover tightly-You will see this throughout the cookbook. This is intended to essentially steam the inside. You can either use a microwave safe dish with a lid or seal a microwave safe dish using saran wrap. If you use the saran wrap method make sure its nice and tight. If you use the lid just make sure it is a lid that doesn't have a completely tight seal. A little oxygen is needed.
- Cover loosely-Just place some paper towels on top and call it a day. Or you can place a microwave safe lid on top at an angle so that steam can escape.
- The container will most likely get pretty hot so make sure to be careful taking things out.

One-Pot and Oven Meals

- You can find pretty cheap casserole dishes, pots, and pans at thrift stores.
- If you are looking for something new or something specific places like Walmart and dollar stores often carry really cheap options nowadays.

- These recipes are set up to not use much. If you are missing measuring cups or spoons google other ways to measure. For example a standard spoon is the same size as 1 tablespoon. $\frac{1}{4}$ cup is equal to 4 tablespoons.

Crockpot Meals

- Crockpot liners are your best friend. Please get some.

Vegetarians and Vegans

- A lot of these recipes you can replace the meat with meat alternatives.
- For oven and stove-top recipes you should be able to replace the meat with meat alternatives. Just keep a close eye while cooking as it may need to cook just a bit shorter.
- For microwave recipes this is the same. If you are cooking it without any liquid place a damp paper towel on top of it so that it can't dry out.
- For crockpot recipes this was actually a topic of huge debate. Essentially what we got was that this is a sometimes scenario. However, the makers of this cookbook are neither vegan nor vegetarian. You likely know more about this than us. Trust your best judgment. This may just be a situation here you have to cook it for a little less time.
- For most recipes involving dairy you can likely replace it with a milk alternative such as oat milk or almond milk. For recipes involving heavy cream here are some alternatives we found: coconut heavy cream, soy heavy cream, soy milk + olive oil in a 2:1 ratio, and dairy-free milk + cornstarch (2 Tbl. cornstarch for every cup of milk),

Outside of those substitutes some brands such as Silk do actually carry heavy cream substitutes. For cheese we saw a lot suggesting that cheese alternatives can be used as a substitute in most cases.

- Butter is a fairly easy substitute. Most if not all butter alternatives should be a great substitute.

A Note on Seasoning

- Herb seasoning-Several times throughout this cookbook you will see herb seasoning listed as an ingredient. Our goal is to not put you in a position to have to buy a ton of ingredients for every recipe. Outside of that personal choice in seasoning also varies by taste. Season with herbs however you want to with whatever you happen to have. Some seasonings we think are great are: dill, thyme, sage, oregano, rosemary, basil, and parsley.
- Spices-We tried to keep this relatively simple. Some ones that you will see throughout are paprika, cumin, chili powder, and cayenne. Realistically, you can use these interchangeably to your liking. If you don't like one of these, don't use it. If you want to put cayenne in everything, do it.
- Measurements-for most of these seasonings we do not include measurements. Measure to your heart's contentment. Everyone's personal taste is different. Measure to yours. For microwave meals seasoning can sometimes get a little lost so you may have to season extra.

MICROWAVE MEALS

These are meals that can easily be cooked if the only thing you've got is a microwave. Now, if you do have access to an oven you can probably adjust these to go in an oven. The cooking times included are for a 900 watt microwave. Please adjust accordingly for your microwave.



Sour Cream Rice with Chilies



Paprika Chicken

MICROWAVE GUIDES–MEATS

Place meat in dish. For ground meat, cover loosely to avoid splatter and microwave as directed. For fish and chicken, cover tightly. Let stand about five minutes after cooking.

Chicken breast, thighs	6-8 min, flipping meat after 3 min
Chicken drumstick, thigh bone-in	14-16 min, flipping meat after 7 min
Turkey breast slices	3-5 min, flipping after 2 min
Ground turkey	4-6 min, stirring after 2-3 min
Fish filets	4-6 min, flipping after 2 min
Scallops (½ pound)	3-4 min, stirring after 2 min
Shrimp in shells (½ pound)	3-4 min, stirring after 2 min
Shrimp, peeled and deveined (½ pound)	4-5 min, stirring after 2 min
Bacon (4 slices)	2-3 minutes
Sausages	2-3 min, rearrange every minute
Ground beef/sausage	5-6 min, stir after 3 min

MICROWAVE GUIDE-VEGGIES

For whole veggies wash and pierce in several places to let steam escape. For other veggies, slice up as necessary into equal pieces. For whole potatoes, place uncovered in circle on paper towel in microwave and let stand uncovered. Add water as indicated. Cover tightly and microwave on high until tender. Let stand for a minute or two when done. Cooking time is for a pound of vegetables.

Veggie	Water	Cook Time
Asparagus Spears	¼ cup	4-6 min., stirring after 3 min.
Green Beans	½ cup	8-10 min., stirring after 5 min.
Broccoli Spears	1 cup	7-10 min., stirring every 3 min.
Brussel Sprouts	¾ cup	6-10 min., stirring after 4 min.
Carrots	¼ cup	5-7 min., stirring after 3 min.
Cauliflower	⅛ cup	10-12 min., stirring after 5 min.
Corn (4 ears)	¼ cup	8-12 min, rearranging every 5 min.
Peas	⅛ cup	8-10 min., stirring after 4 min.
Potatoes, Whole	None	12-18 min., turning over after 6 min.
Sweet Potatoes	None	8-15 min. Turning over after 4 min.
Squash	¼ cup	6-8 min, stirring after 3 min.

MICROWAVE PAPRIKA CHICKEN

Ingredients

- 2 boneless chicken thighs
- ½ onion finely chopped or onion powder
- Garlic minced or powder
- 1 Tbl. Paprika
- 1 tsp. Cayenne
- Herb seasonings
- 8 oz can tomato sauce
- 1 Tbl. corn starch
- 2 Tbl. cold water
- ¼ cup sour cream

Directions

1. Mix chicken, onion, and seasonings in microwave safe dish. Cover tightly and microwave on high for 4-6 minutes.
2. Stir in tomato sauce. Mix cornstarch and cold water. Stir gradually into mixture. Cover tightly and microwave for 4-5 minutes, stirring every 2 minutes. Mixture should be slightly thickened and hot.
3. Stir in sour cream.
4. Serve over noodles or rice.

MICROWAVE RASPBERRY CHICKEN BREASTS

Ingredients

- 2 skinless, boneless chicken thighs or breast, if chicken breast cut in half
- 2 tsp. Ginger
- 1/3 cup raspberry preserves
- 2 tsp. raspberry-flavored vinegar

Directions

1. Arrange chicken in microwave safe dish. Sprinkle with ginger. Cover tightly and microwave on high for 8-10 minutes, turning halfway through.
2. Mix preserves and vinegar in separate bowl. Microwave uncovered for 30-60 seconds.
3. Serve over chicken with rice.

MICROWAVE CHICKEN SCALLOPINI

Ingredients

- 2 Tbl. butter or margarine melted
- 1 Tbl. lemon juice
- 1 egg
- ½ cup bread crumbs
- ¼ cup grated parmesan cheese
- Herb seasonings
- Cumin, paprika, garlic
- 2 chicken thighs or pork chops

Directions

1. Place margarine in medium bowl. Microwave for 20-30 seconds or just until melted. Beat in lemon juice and egg with fork.
2. Mix bread crumbs, cheese, and seasonings. Dip chicken into egg mixture, coat with crumb mixture. Repeat to get it fully coated.
3. Arrange chicken in microwave safe dish. Cover tightly and microwave uncovered for 6-8 minutes. Turn over halfway through.
4. Serve.

MICROWAVE SOUR CREAM RICE WITH CHILIES-SIDE

Ingredients

- 1 cup uncooked instant rice
- 1 cup broth
- Garlic powder
- ½ cup cheddar cheese
- ¼ cup sour cream
- ½ can (2 oz) chopped green chilis, drained

Directions

1. Mix rice, broth, and garlic in microwave-safe dish.
Cover tightly and microwave 5-6 minutes or until rice is tender and liquid is absorbed.
2. Stir in ⅛ cup cheese, sour cream and chilis. Cover tightly and microwave 1-2 minutes.
3. Sprinkle with remaining cheese. Cover and let stand 4 minutes or until cheese is melted.

MICROWAVE MACARONI AND CHEESE

Ingredients

- 1 cup uncooked macaroni (or any noodle you would prefer)
- 1 cup hot water
- 2 Tbl. butter or margarine
- Onion powder, garlic powder, herb seasonings, salt and pepper
- ½ cup milk
- ½ cup cheddar either cubed or grated
- 2 Tbl. flour

Directions

1. Mix noodles, water, margarine, and seasonings in a microwave dish. Cover tightly and microwave for 4 minutes, stir.
2. Cover tightly and microwave for another 4 minutes or until boiling.
3. Stir in remaining ingredients. Cover tightly and microwave for 6-8 minutes, stirring every 3 minutes. Mixture should be bubbly and macaroni should be tender.
4. Serve.

MICROWAVE FRENCH TOAST IN A MUG

Ingredients

- 2 slices bread
- 1 egg
- 1 Tbl. butter
- Cinnamon
- ¼ tsp. Vanilla extract

Directions

1. In large mug, melt butter for 30 seconds. Roll the butter around in the cup to coat it.
2. In the mug beat the egg with a fork until well blended.
3. Sprinkle cinnamon over the egg and vanilla. Stir.
4. Cut or tear bread into bite size pieces and add to the egg mixture in the mug. Press the bread down into the egg mixture.
5. Let it sit for a minute so that the bread can soak up the egg.
6. Microwave for 30 seconds at a time until it is cooked through. This usually will take about 90 seconds.
7. Enjoy with syrup of your choice!

MICROWAVE PEANUT BUTTER MUG CAKE

Ingredients

- 3 Tbl. creamy peanut butter
- 1 Tbl. and 1 tsp. sugar
- 1 egg

Directions

1. Mix all ingredients in a microwave-safe mug until egg is fully incorporated and batter is smooth.
2. Microwave for 1 minute.
3. Let cake cook a few minutes before eating.
4. We suggest adding a bit of cinnamon or nutmeg before baking for added flavor.

PEBRE

No this isn't a microwave meal but it doesn't require any heating or blending elements so here this recipe stays.

Ingredients

- 3 Jalapenos, diced
- ½ white onion, diced
- 1 roma tomato, diced
- 1 avocado diced
- 1 bunch cilantro, diced
- Paprika, chili powder
- Garlic-minced or powder
- 2 Tbl. red wine vinegar
- 2 Tbl. olive oil
- Salt

Directions

1. Combine all ingredients, mix well. For diced ingredients make sure they are diced small enough to form bites. Think pico de gallo or salsa sized.
2. Store in fridge overnight. Eat with chips.

MANGO SALSA

No this isn't a microwave meal but it doesn't require any heating or blending elements so here this recipe stays.

Ingredients

- 2 mangos, chopped small
- 2 jalapenos, deseeded and chopped small
- ½ of a cilantro bunch (whole if you're a cilantro person like we are), chopped up
- 1 small red onion, chopped small
- Garlic powder
- Paprika
- Lime Juice

Directions

1. Combine all ingredients well.
2. Leave in fridge anywhere from a few hours to overnight for salsa flavors to build.

CROCKPOT MEALS

The recipes in this section use a 5-quart (standard size) crockpot. Feel free to cut this recipe in half if you have anything smaller than a standard size crockpot. If you do have a standard size crockpot we don't suggest cutting these recipes in half as it may not cook correctly. But also we haven't tried it so give it a go if you must.

CROCKPOT BBQ COCA-COLA PORK CHOPS

Feel free to cut this recipe in half if you have anything smaller than a 5-quart (standard size) crockpot. If you do have a standard size crockpot we don't suggest cutting this in half as it may not cook correctly. But also we haven't tried it so give it a go if you must.

Ingredients

- 4 boneless pork chops, thawed
- 9oz bottle BBQ sauce of choice
- 12oz Coca-Cola (1 can)

Directions

1. Pour 6oz. Coca-Cola in bottom of crockpot.
2. Season pork chops however you wish. We've found that a rub does pretty well.
3. Place pork chops in crockpot and cook on low for 3 ½ hours, covered.
4. Once done, drain juices.
5. Mix together BBQ sauce and remaining 6 oz of Coca-Cola in small bowl and stir well.
6. Pour mixture over pork chops and cook on low for 30 more minutes.
7. Serve. We suggest serving with mashed potatoes.

CROCKPOT CREAMY RANCH CHICKEN

Ingredients

- 3-4 chicken breasts, thighs, or pork chops
- 1 can cream of chicken
- 1 packet Ranch dressing mix
- 4 oz (½) package of cream cheese
- ½ soup can of water

Directions

1. Mix together cream of chicken, ranch, and water (fill cream of chicken soup can halfway with water).
2. Pat chicken dry and then season well.
3. Place chicken in crockpot and pour mixture over it.
4. Cook on low for 4 hours.
5. If using chicken shred with fork. Ignore this step if using pork chops.
6. Add cream cheese and stir until thick and creamy.
7. Serve. We suggest serving over egg noodles, or rice.

CROCKPOT SMOTHERED PORK CHOPS

Ingredients

- 4 bone in pork chops
- 1 can cream of mushroom
- 1 can cream of chicken
- 1 packet Onion Soup Mix
- 1 can (7oz) mushrooms, drained or mushrooms sliced
- $\frac{3}{4}$ cup of water

Directions

1. Pat pork chops dry and season well. Place pork chops in crockpot.
2. Mix soups, onion mix, mushrooms and water.
3. Pour mixture over pork chops.
4. Cook on high for four hours or on low for 7 hours.
5. Serve with potatoes.

CROCKPOT CHICKEN AND MUSHROOM STROGANOFF

Ingredients

- 4 boneless, skinless chicken breasts, cubed
- 8 oz of sliced mushrooms, either freshly sliced or from a can, drained
- 1 packet (8oz) of cream cheese, softened (just leave it on the counter for a bit)
- 1 can cream of chicken soup
- 1 packet dry onion soup mix

Directions

1. Pat chicken dry and season well.
2. Place chicken in crockpot. Add mushrooms.
3. Combine cream cheese, cream of chicken, and onion mix.
4. Pour over chicken.
5. Cook on low 4-6 hours.
6. Serve over noodles.

CROCKPOT CREAMY MUSHROOM CHICKEN

Ingredients

- 3-4 chicken breasts or thighs
- 1 can cream of chicken
- 1 can cream of mushroom
- 1 pint mushrooms, sliced or one can of sliced mushrooms, drained
- Herb seasoning
- Garlic powder
- Cayenne

Directions

1. Slice up mushrooms. If using can then drain mushrooms.
2. Season chicken well. Place chicken into slow cooker.
3. Place the slice mushrooms on top, and then dump in can of cream of chicken or can of mushroom.
4. Cover and cook on low for 6 hours.
5. Serve with rice or potatoes.

CROCKPOT LEMON GARLIC PORK CHOPS

Ingredients

- 4 pork chops
- Garlic powder
- Onion powder
- 2 Tbl. lemon juice
- 1 can cream of chicken
- 2 cups broth
- Herb seasoning

Directions

1. Pour broth in crockpot.
2. Season pork chops well. Place in crockpot and cook on low for 3 ½ hours. Drain juices.
3. Combine cream of chicken, garlic, and lemon juice in bowl. Stir well.
4. Pour mixture over pork chops and cook on low for 30 more minutes.
5. Serve over egg noodles or mashed potatoes.

ONE POT AND OVEN

MEALS

The recipes in this section make use of your oven and stovetop if you're lucky enough to have one. If you are not, we do suggest you make use of the guides in the microwave section. You may be able to make these work in the microwave with a bit of science and ingenuity.

OVEN-BAKED HONEY MUSTARD AND GARLIC CHICKEN

Ingredients

- 1/8 cup honey
- 1/4 cup dijon mustard
- 2 boneless, skinless chicken breasts or chicken thighs
- garlic cloves cut into slivers

Directions

1. Preheat the oven to 350° F.
2. Mix together honey and dijon mustard.
3. Pat chicken dry and then season well. Make 2-4 small cuts on the top of each chicken. Insert a sliver of garlic into each cut. Spread the honey-mustard mixture over each piece. Pour the rest in so that the pan bottom is completely covered.
4. Bake for 30 minutes. Bast the chicken once or twice with the pan sauce. Turn the oven to broiler setting and broil for an additional five minutes. The tops should be crisp, not burnt.
5. Serve. We suggest serving with rice or mashed potatoes and a veggie of your choice.

OVEN-BAKED PARMESAN CHICKEN

Ingredients

- 2 chicken breasts or thighs
- 3 Tbls. butter or margarine
- $\frac{2}{3}$ cup grated Parmesan cheese
- 2 Tbls. flour
- 1 cup milk
- $\frac{1}{2}$ cup shredded Swiss cheese
- $\frac{1}{4}$ cup bread crumbs

Directions

1. Preheat oven to 350°F.
2. Pat chicken dry and then season well.
3. In pan melt butter over medium heat. Add chicken and cook, turning until browned. This will take 8-10 min.
4. Sprinkle $\frac{1}{3}$ cup of parmesan cheese over bottom of baking dish. Arrange chicken in dish.
5. In same frying pan, whisk flour into pan drippings. Cook, stirring, for 1 minute. Gradually add milk and cook. Stir constantly, until smooth and thick. Remove from heat and stir in swiss cheese. Pour sauce over chicken in pan
6. Top chicken with remaining $\frac{1}{3}$ cup of Parmesan cheese, sprinkle with breadcrumbs. Bake for 45 minutes.

OVEN GARLIC PARMESAN TILAPIA

Ingredients

- 1 tilapia filet
- 2 Tbls. butter
- garlic powder
- dill weed
- creole seasoning
- ¼ cup grated parmesan
- lemon juice

Directions

1. Set oven to broil.
2. Place tilapia on rimmed baking sheet. Either spray with cooking spray or line with foil.
3. Combine melted butter, lemon, garlic, creole seasoning, and dill. Add any other seasonings you feel like. Brush mixture on both sides of tilapia.
4. Set fish on baking sheet bottom side up, broil for 5 minutes.
5. Flip fish over, sprinkle with parmesan, and return to broiler for 5-6 minutes.

OVEN-BAKED CHICKEN THIGHS

Ingredients

- however many thighs you need
- drizzle of olive oil
- whatever you want to stuff in it. Some suggestions:
asparagus and mozzarella, any type of cheese, bacon and cheddar, jalapeno and mozzarella or swiss, spinach and goat cheese, broccoli and cheese, spinach and swiss, roasted veggies, sliced prosciutto, tomatoes and goat cheese, mushrooms and swiss, etc.
- toothpicks, this is to hold the two sides of the chicken thighs closed. If you don't have these, it's fine. A bit of filling may just fall out.

Directions

1. Preheat oven to 425°F
2. Pat chicken dry and season well. Stuff chicken well.
Chicken thighs have a natural separation. After stuffing, take two sides and hold together with toothpicks. If you don't have toothpicks that's fine just be careful when browning that stuffing doesn't fall out. Heat up skillet with olive oil in it. Brown chicken on both sides.
3. If using an oven safe skillet, place in oven for 30-45 minutes. If using a non-oven safe skillet, transfer chicken to a foil-lined baking sheet. Then place baking sheet in oven for 30-45 minutes.

ONE POT PASTA-STOVE TOP

Ingredients

- 2 chicken breasts or thighs, cubed
- 2 sausage links, sliced or 1 pound ground sausage
- any short-cut pasta, either pre-cooked or cook before adding to dish
- 2 cups heavy cream
- 1 cup grated parmesan
- 2 Tbls. butter
- garlic-minced or powder
- creole seasoning

Directions

1. In pot melt butter, add minced garlic or garlic powder until smell permeates air
2. Season chicken well. Add chicken and sausage, cook through. If using ground sausage, cook separately from chicken and drain.
3. Add creole seasoning
4. Add heavy cream, bring to a boil
5. Add cooked pasta, season again with Creole and garlic
6. Add parmesan
7. Serve. Can add artichoke hearts, cooked bell peppers, cooked broccoli, cooked mushrooms, etc. to it as well to add veggies.

OVEN-BAKED BLACKENED TILAPIA

Ingredients

- Spice mix (if you don't have some of these try to replace with seasonings like it. For example you could replace the chili powder with cayenne or the thyme with basil):
 - 3 tsp. Paprika
 - Pinch of salt
 - 2 tsp. Garlic powder
 - 1 tsp. Onion powder
 - 1 tsp. Thyme
 - 2-3 tsp. Black pepper
 - 1 tsp. chili powder
 - 1 tsp. oregano
- however many tilapia filets needed
- 2 Tbls. melted butter

Directions

1. Add all spices to bowl and mix.
2. Preheat oven to 400°F
3. Line baking sheet with parchment or foil. Lay tilapia on sheet. Brush both sides with butter. Use a spoon to sprinkle seasoning on tilapia until completely covered. Pat seasoning into tilapia. Do this to both sides.
4. Bake 5-7 minutes.
5. Flip tilapia, bake additional 5-7 minutes.

ONE POT CREAMY PARMESAN CHICKEN AND RICE-STOVE TOP

Ingredients

- 2 chicken breasts or chicken thighs, cubed
- 4 Tbls. butter
- ½ cup heavy cream
- ½ cup parmesan cheese, grated
- 1 onion, diced
- Garlic, minced or powder
- 2 ½ cups broth
- 1 cup long grain white rice

Directions

1. Heat butter in skillet over medium-high heat.
2. Add onion and cook 2-3 minutes.
3. Season chicken in that time. Add cubed chicken to pan.
4. Cook and stir for 5 minutes until chicken is golden.
5. Add garlic and cook for 1 minute.
6. Add broth and rice to skillet, stir.
7. Bring to boil, reduce heat to medium-low.
8. Cover with lid and simmer for 17-20 minutes.
9. Stir in heavy cream and parmesan until cheese is melted and sauce seems combined.
10. Serve.

TWICE BAKED POTATOES-OVEN-SIDE

Ingredients

- 2 potatoes
- 4 Tbl. butter
- Bacon bits
- ¼ cup sour cream
- ½ cup cheddar cheese
- ¼ cup milk
- Green onions
- Herb seasonings, paprika, garlic

Directions

1. Preheat oven to 400°F.
2. Rub potato with olive oil, put on foil lined baking sheet, bake for 1 hour. After squeeze sides of potato lightly to ensure fully cooked. Bake longer if needed.
3. Slice butter into pats, place into bowl, add bacon bits and sour cream.
4. Cut potatoes in half, gouge out insides, add to bowl.
5. Lower oven to 350°F.
6. Smash potato mixture. Add cheese, milk, seasonings, and green onions.
7. Fill shells, top with cheese, cook 15-20 minutes.
8. Serve.

OVEN-BAKED ASPARAGUS-SIDE

Ingredients

- 1 bunch asparagus spears, trimmed (to trim break off a little bit of bottom part of asparagus. It should be able to just bend and snap off)
- Grated parmesan-if you don't eat dairy skip this and just season a bit extra
- Paprika, garlic, salt, and pepper, herb seasoning
- Lemon juice
- Oil

Directions

1. Preheat oven to 425°F.
2. Place asparagus in pan
3. Drizzle with oil.
4. Coat with cheese and seasonings. Use your hands to mix.
5. Cook 12-15 minutes, until tender.
6. Sprinkle with lemon juice.



Thank you for cooking with us!!
We hope that all your recipes turned out great and that you
had a truly wonderful time!



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